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SONTYAM, ANANDAPURAM, Visakhapatnam-531173

Report on

INTERNATIONAL DAY OF YOGA

On 21st June, 2019

NSRIT NSS Unit celebrated **International Day of Yoga** on **21st of June**, declared by General assembly. The International Yoga Day was observed by NSS UNIT of NSRIT and the complete ambience is filled with serenity, harmony and happiness of participants.

The programme was attended by more than 100 members of students and faculty with great enthusiasm and happiness. The Yoga postures were guided by **Sri Vasupalli Srihari** Yoga trainer like Mudrasana, Vrukshasana, Trikonasana, Bhujangasana, and Pawanamukthasana and finally ended with Pranayamam the prayers were also included in the programme.

Honorable correspondent **Sri.Sai Varma** during his address stated that Yoga is the perfect way to rejuvenate the mind and make it to be happy. Respected Principal **Dr.Y.Vamsidhar** stated the benefits of Yoga and its uses and emphasized to learn in an atmosphere where there is discipline in thoughts and attitude. **Sri Abdul Raqeeb** said that Yoga is the best medicine to protect our body from illness in our day to day busy life. **Sri V.Rama rao** HOD of MBA department NSRIT said that Yoga is a part of our daily life and has to be practiced to make our body and mind peaceful. **Sri.P.Simhachalam Naidu** from Nava Yuga welfare society has also been participated and influenced students with his speech.

Secretary **Dr.N.Prasad Raju Garu** appreciated the NSS Programme Officer **Sri.P.Mahesh** , **Gurunadh** Physical director and NSS student volunteers for their team spirit. He encouraged the participants through his valuable words.

Heartful thanks to our Prime minister **Sri. N.Narendra modi** for giving a wonderful opportunity to colleges to have a useful activity .The college is also very much thankful to the **NSS UNIT** of **JNTUK** for organizing this under them.









Later on the entire college fraternity felicitated Yoga Guru **Sri Vasupalli Srihari** and the event was concluded with the National Anthem.

NSS PO

Mr.P.MAHESH(Ph.D)

PRINCIPAL

Dr.Y.Vamsidhar